

THE WELLNESS CORNER

FEBRUARY 2013 EDITION

VOLUME 3, ISSUE 2

The Coolest Health and Fitness Gadgets at CES 2013



THE INTERNATIONAL CONSUMER ELECTRONICS SHOW (CES) IS THE LARGEST TECHNOLOGY-RELATED CONSUMER TRADE SHOW IN THE WORLD. HELD EVERY JANUARY IN THE LAS VEGAS CONVENTION CENTER, CES IS NOT OPEN TO THE PUBLIC.

Every year, the Consumer Electronics Show (CES) is the place for brands to introduce their newest health, fitness, and lifestyle devices. To hone in on what's hot—and avoid the flops—we're roaming the massive trade floor in Vegas and snapping shots of the most promising products as we go.

WITHINGS SMART BODY ANALYZER



This do-it-all device is a big upgrade from your standard bathroom scale. Step on the **Withings Smart Body Analyzer** (\$150, withings.com) to get readings of your body weight, BMI, and body fat percentage along with resting

heart rate, a good indicator of overall fitness. The scale also monitors indoor air quality, including room temperature and CO2 levels, and syncs all its data with your iOS and Android devices via Bluetooth or a wireless internet connection.

LARK LIFE WRISTBAND



Last summer, fitness wristbands (i.e. the Nike Fuelband and Jawbone Up) hit the market and promised to change the way that we track our activity. Because they're taking off in a big way, we figured we'd see at least one or two newbies—if not a dozen—promoting bands that offer even greater benefit to your overall health. The first prom-

ising device we spotted was the **Lark Life Wristband** (\$150, lark.com), a 24/7 activity tracker monitors your movement, sleep hours, nutrition information, and mood by prompting you with questions throughout the day. In response, a coaching tool spits out tips. Did you spend all day cranking through a home improvement project? The device will probably tell you to take a hot shower and hit the sack early.

MASIMO ISPO2



The plug-in fingertip reader on **Masimo's iSpO2 Pulse Oximeter** (\$250, iSpO2.com) uses LED lights to turn your iPhone, iPad or iPod into a

pulsometer. In addition to a pulse reading, the device also measures blood oxygenation levels, which can be a huge help to anybody training for a high-altitude hike or climb.

iHEALTH PULSE



OXIMETER

Looks like there's some competition among consumer-grade pulsometers. The **iHealth Pulse Oximeter** (ihealthlabs.com, price not yet announced) also measures pulse (BPM) and oxygen saturation in the blood (SpO2) from an iOS device.

SCANADU SCOUT



Feel a fever coming on? Touch the **Scanadu SCOUT** (\$150) to your temple and in less than 10 seconds you'll get a reading of your body temperature, along with your blood pressure, heart rate, and other vital signs. The device then sends the data to your smartphone to help you—and your doctor—get clued in to what's happening with your health.

ARMPOCKET NIGHTHAWK ARMBAND

The **Armpocket Nighthawk**

(Continued on page 6)

Flu Mistakes: 8 Things We Think Prevent the Flu That Don't Really Work



THIS YEAR'S FLU SEASON, WHICH BEGAN EARLIER THAN USUAL, IS SHAPING UP TO BE ONE OF THE WORST IN RECENT YEARS.

You're right to want to do whatever's in your power to stay flu-free this season, especially given the severity of this year's outbreak.

But before you put your personal flu-prevention plan in action, make sure those methods are actually going to do the trick.

We spoke to Pritish Tosh, M.D., an assistant professor at the Mayo Clinic's Division of Infectious Diseases, to find out the biggest mistakes people are making when it comes to flu prevention. Here's what *not* to do.

1. Assuming the Vaccine is All You Need



While the flu shot is generally considered your best line of defense, it's not *guaranteed* protection. "The current influenza vaccine is good, but not perfect," says Tosh. Think of the flu shot like a seat-belt, he says. Vaccinating doesn't mean you *can't* get the flu, but the outcome will likely be better if you do.

"It is possible people who have been vaccinated and get influenza will have less severe disease," says Tosh, so there's no excuse to skip the shot. But you should also take other measures to make sure you stay healthy this season, like getting adequate sleep, maintaining a regular exercise routine, avoiding touching your eyes, nose and mouth and drinking lots of water.

2. Covering Your Sneeze With Your Hands

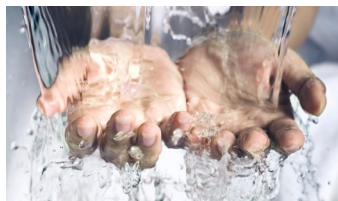
Sure, it's better than spraying those germs directly into the air above



your neighbor's cubicle. But when you sneeze into your hands, chances are you then grab a door-knob or a shared phone or touch a keyboard or shake a coworker's hand -- and pass along whatever bug you're hosting.

About a decade ago, public health experts started teaching a new-and-improved version of cough and sneeze etiquette in schools, says Tosh, namely to cover up with a tissue (and dispose of it promptly), instead of using your hands. When a tissue is out of reach, go for the crook of your elbow, instead.

3. Washing Your Hands in a Hurry



You already know that hand washing is one of your best natural defenses against the flu and germs in general. But too many people still aren't scrubbing up to snuff.

Healthy hand washing includes lathering up on all sides, between the fingers and under your nails

for at least 20 seconds, or about the time it takes to sing "Happy Birthday" twice, according to the CDC's recommendations.

4. Swearing by Antibacterial Soap



Despite the fact that patients keep requesting antibiotics for their symptoms, colds and flu are spread by *viruses*. And while it's crucial to keep hands clean, expecting an antibacterial soap to protect you is a big mistake. Not only will those suds not prevent you from catching the flu, they may leave "a larger proportion of resistant bacteria behind," according to the New York Times.

Alcohol-based hand sanitizers still make the grade, since they, like regular soap, kill off bacteria more randomly.

5. Pretending You're Not Sick



Ignoring that nagging cough or feverish feeling and still going to

(Continued on page 6)



CG SUPRT

to navigate life's challenges

Solutions • Understanding • Prevention • Resilience • Trust

855-CG SUPRT (247-8778)

www.cgsuprt.com

February 2013 Fitness Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 1130 Boot Camp Fitness	2
3 0815 Spinning	4 1130 Yoga 1630 R.I.P.P.E.D.	5 1130 Total Circuit Fitness 1600 CrossFit 1630 Zumba Fitness 1830 Judo Kids 1930 Judo Adults	6 0900 Mommy & Me 1130 Spinning 1130 Insanity Group 1630 Yoga	7 1130 TRX 1630 Boxing Conditioning 1830 Judo Kids 1930 Judo Adults	8 1130 Boot Camp Fitness	9
10 0815 Spinning	11 1130 Yoga 1630 R.I.P.P.E.D.	12 1130 Total Circuit Fitness 1600 CrossFit 1830 Judo Kids 1930 Judo Adults	13 0900 Mommy & Me 1130 Spinning 1130 Insanity Group 1630 Yoga	14 1130 TRX 1630 Boxing Conditioning 1630 Zumba Fitness 1830 Judo Kids 1930 Judo Adults	15 1130 Boot Camp Fitness	16 0830 Zumba Fitness
17 0815 Spinning	18 PRESIDENTS DAY Gym Hours: 0800-2000	19 1130 Total Circuit Fitness 1600 CrossFit 1830 Judo Kids 1930 Judo Adults	20 0900 Mommy & Me 1130 Spinning 1130 Insanity Group 1630 Yoga	21 1130 TRX 1630 Boxing Conditioning 1830 Judo Kids 1930 Judo Adults	22 1130 Boot Camp Fitness	23
24 0815 Spinning	25 1130 Yoga 1630 R.I.P.P.E.D.	26 1130 Total Circuit Fitness 1600 CrossFit 1630 Zumba Fitness 1830 Judo Kids 1930 Judo Adults	27 0900 Mommy & Me 1130 Spinning 1130 Insanity Group 1630 Yoga	28 1130 TRX 1630 Boxing Conditioning 1830 Judo Kids 1930 Judo Adults		

GROUP FITNESS CLASSES

BOOT CAMP FITNESS

Now you can get back into boot camp shape with Boot Camp Fitness, a program designed to build strength and fitness through a variety of intense group interval exercises. Allow certified Boot Camp instructor Elise Moseley to “motivate” you back into military shape every Friday at 1130.

BOXING CONDITIONING

Have you ever wanted to learn the proper technique to throw a punch, how to defend yourself from an incoming punch, learn all the basic boxing techniques, or increase your power, speed, stamina, and agility like a boxer? Now you can learn all of that and more through Boxing Conditioning. Allow certified instructor ET1 Terrence Joseph train you in the “Sweet Science” and mold you into a lean and mean boxing machine. Classes are held every Thursdays at 1630. (Classes are for 18 & up only.)

JUDO

Judo (meaning “gentle way”) is a modern martial art and combat sport created in

Japan where the object is to either throw or takedown your opponent to the ground, immobilize or otherwise subdue your opponent with a grappling maneuver. Both kids and adult judo classes are available on Tuesdays and Thursdays. A judo gi (uniform) is mandatory for this class.

R.I.P.P.E.D.

Experience this total body “plateau proof fitness formula” workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective. Join certified R.I.P.P.E.D. instructor Elise Moseley every Monday at 1630 for this “One Stop Body Shock”.

SPINNING

Join our certified Spinning instructor staff in cycling inspired rides that combine sound training principle, expert coaching, inspirational music, and a unique mind/body philosophy. Classes held every Wednesday at 1130 and Sunday at 0815.

TOTAL CIRCUIT FITNESS

Utilizing different equipment, such as medicine balls, BOSU balls, resistance bands, dumbbells, kettlebells, ab wheels, agility ladders, TRX suspension bands, Swiss balls, plyometric boxes, and more, “Total Circuit Fitness” instructor ETC Joseph Balduenza puts you through various full-body conditioning exercises combining resistance training and high-intensity cardio. Join “Total Circuit Fitness” every Tuesday at 1130 on the gym floor.

TRX

Certified TRX instructors utilize suspension training exercises that build true functional strength and improve flexibility, balance and core stability all at once, as is required on the playing fields of sports and life. Group TRX classes are held Thursdays at 1130.

YOGA

Yoga is held twice a week with our very own Namaste, Jane Lybecker. Come, relax and stretch out your stresses. A great change of pace for those just beginning a workout schedule. Classes are now at the gym on Mondays at 1130 and Wednesdays at 1630. (POC: Jane Lybecker)

ZUMBA FITNESS

Zumba Fitness is moving the world to a new beat. Are you ready to party yourself into shape? Let certified instructor BMC Jenn Stanton lead you in an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that’s moving millions of people toward joy and health.

PICK-UP GAMES

BASKETBALL

Full court pick-up games are held at the gym every Mondays, Wednesdays and Fridays at 1130-1300.

ULTIMATE FRISBEE

Another popular alternate fitness activity played biweekly on the fields of TRACEN. Weather permitting Mondays, Wednesdays and Fridays from 1130-1300.

VOLLEYBALL

Indoor volleyball at the gym is open to everyone every Wednesdays 1800-2000.

Reminder: All classes are canceled on red letter holidays.

Kick Exercise Boredom Right Out!



DOING THE SAME ROUTINE DAY IN AND DAY OUT IS A MAJOR REASON PEOPLE GIVE UP ON THEIR EXERCISE REGIMEN ENTIRELY. SO TRY SOMETHING DIFFERENT!

Ever heard of the exercise excuse “oh I get so bored?” You may have even felt it from time to time yourself. Actually, this reason is a well-documented and legitimate reason people quit exercising. It is a “barrier to exercise” that science has identified as a primary reason people give for not exercising along with others like “I don’t have time,” “I’m too tired,” and “I don’t know how to get started.” And this problem is apparent across all ages. So if we know boredom is a major reason given for giving up on exercise what can we do to increase adherence (sticking with it) and keep more people engaged and interested in exercise activity?

Variety is the answer! Yes, it is that simple. Regarding eating and consumer spending, it has been proven over and over that increasing the variety of available food and purchasing options absolutely increases eating and consumer spending respectively. But there have not been many exercise studies investigating this dimension. One study that has looked at this relationship assessed adults’ **adherence to an 8-week aerobic exercise intervention** and showed that participants who received varying exercise prescriptions every two weeks had a greater adherence than those who received an unchanging exercise prescription.

In a more recent study investigators focused on **resistance training** for three groups: children, young adults, and older adults. They were instructed that for two, 20 minutes they had the option to perform resistance training exercises and sedentary alternatives in any pattern and any amount. One session had a high variety (HV) of equipment available for exercise and one a low variety (LV) of equipment. They could walk around, sit and rest on any piece of equipment or sit at the table and engage in age appropriate activities

such as puzzles, cross-words, magazines, Sudoku, coloring and drawing. Participants were instructed on how to use all the equipment prior to the sessions and during the sessions the participant indicated which exercises they liked the best. During the LV session the equipment provided to each participant reflected their favorite upper body and lower body exercise as there were only two pieces of equipment. In the HV session 10 pieces of equipment were provided.

As you might guess, across all three age groups, the High Variety (HV) sessions increased exercise participation, and enjoyment of that exercise session without altering perceived exertion. All age groups spent considerably more time exercising than in sedentary behaviors. So in other words, the research shows that variety works!

Putting Variety into Practice to “Kick Out Boredom”

Since variety seems to be “the spice of life” and can be the “spice” need to keep us exercising, use the following ideas to add some variety of your own and abolish boredom once and for all.

CARDIOVASCULAR TRAINING

1. Zumba™ Classes



Zumba™ classes let you dance your way to fitness. The Latin music is motivating and the energy from all the participants doing the “Salsa” and “Meringue” is scintillating. According to Wikipedia “Zumba involves dance and aerobic elements. Zumba’s choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Squats and lunges are also included.”

2. Boot Camps



(Continued on page 5)



**“EVERY DAY WE RISK OUR LIVES
SO THAT OTHERS MAY LIVE.**

**WHY RISK YOUR LIFE
SMOKING?”**

— Michael P. Leavitt
Master Chief Petty Officer of the Coast Guard

QUIT TOBACCO.
make everyone proud
www.ucanquit2.org



(Continued from page 4)

Boot Camps provide leadership, friendly peer competition, variety every session, and combine aerobic conditioning, anaerobic conditioning and resistance training into every session. Boot Camps have an element of Circuit Training to them and accommodate varying fitness levels in the same session. They are very time efficient, utilize team building activities and provide socializing opportunities.

3. Interval Training



Interval training is one of the most effective ways to increase cardiovascular power through the integration of short burst of higher intensity exercise segments followed by a recovery time. Intervals may be as short as ten seconds or as long as one to two minutes. Interval training can be performed both on any aerobic indoor machine such as a treadmill, elliptical, or stationary cycle or outside for walking, running, or cycling. Because of the high intensity, keep in mind that it should only be performed one to two times per week.

4. Cross Training



If you work out at a health club, the variety of cardio equipment is vast. Try using three different pieces of cardio equipment to make up your entire workout. For example spend ten minutes on the treadmill, ten minutes on the elliptical, and ten minutes on the stationary cycle. Time will fly by and you'll not get bored.

RESISTANCE TRAINING

1. CrossFit



CrossFit is a strength and conditioning program that is one of the hottest trends in exercise. Workouts are highly varied, high in intensity, and aim to be functional in nature so that fitness is improved and can therefore improve the ability to function/work in everyday life no matter what is being required of you (i.e. busy mom to police officer). Different movements such as sprinting, jumping, weightlifting, body weight exercises and different pieces of equipment such as dumbbells, kettlebells, barbells (just to name a few), are combined to give a high intense workout session typically lasting about 20 minutes and sometimes less.

2. Small Group Personal Training

Participating in Small Group Personal training brings all the pluses of personal, individualized fitness progressions, but the added bene-



fits of socializing, friendly competition, and group support. All with a much lower price tag than one on one personal training!

3. Exercise Order



Changing up the order, sequence or direction of your exercises is sure to bring improved results and eliminate boredom. Ever walked, cycled, or run your "route" in the opposite direction? Wasn't it amazing how different everything thing looked and how you noticed things you didn't before going in the "other" direction. Down slopes were now the up slopes, and vice-versa. Changing the order in a resistance workout keeps you alert and is a way to provide variation which means that the same muscles don't have to be last week

in and week out and you will probably experience improved adaptations.

4. Small Apparatus



Utilizing small apparatus such as a stability ball, resistance bands, medicine balls, or a BOSU® will certainly challenge you and quickly take out any staleness from the same 'ole, same 'ole routine. Furthermore you can perform exercises with this equipment that more closely mimic activities of daily living (functional training). This type of training is fun, challenging, can improve balance, power, and strength and involves many support muscles of the core.

So now add your ideas to jazz up your workouts and get back out there and make it a healthy day!

[Article Written by Karyn Hughes, Med, Associate Director of Education for The Cooper Institute at <http://todayivill.com/>]

USCG Training Center Petaluma Presents

THE 40TH ANNUAL NORCAL BASKETBALL TOURNAMENT March 7 - 10, 2013

For more information, contact the TRACEN Petaluma Athletic Director, Rob Sturla.
Phone: (707) 765-7348, Email: Robert.L.Sturla@uscg.mil

The Coolest Health and Fitness Gadgets at CES 2013

(Continued from page 1)



Armband (\$50, armpocket.com) is a must-have for runners who like to take to the streets after dark. It's roomy enough to hold an iPhone 5 plus credit cards and cash. Plus, white LED lights brighten 30 feet of road ahead and a steady or flashing red light can be seen by oncoming traffic up to a mile behind you.

AIQ BIOMAN TANK



You can skip strapping on a bulky heart rate monitor when you wear **AiQ BioMan Apparel** (aiqsmartclothing.com). Made up of "wearable electrodes"-- stainless steel yarn--the machine-washable and Bluetooth-enabled workout shirts track your vital signs and send the data to your smartphone or computer.

MAYFONK VERT



The **MayFonk Vert** (mayfonkathletic.com) is a vertical jump-measuring device that clips to your shorts and sends data to your smartphone. The Vert Skillz app allows basketball and volleyball athletes and coaches to measure progress and compare their

performance to friends, competitors, and even the pros.

FITBIT FLEX WRISTBAND



Fitbit's been around for awhile, but the company's still churning out updates to its fitness tracking devices. The **Fitbit Flex Wrist Strap** (\$100, fitbit.com) records steps, distance, calories burned, minutes spent being active, and sleep time. The device boasts a 10-day battery life and will soon be sold in a three-pack of different colored bands that you can move the sensor into.

JAYBIRD BLUETOOTH EARBUDS

Made for athletes, **JayBird Bluetooth Earbuds** (\$170, jaybirdgear.com) are totally sweat-proof, have an eight-hour battery



life, and offer alerts via voice prompts instead of beeps. The buds are available in either black or white and come with three different sized tips--and a lifetime warranty--in each box.

GEONAUTE ACTION CAMERA



The **Geonaute Action Camera** (available this fall, \$400,

(Continued on page 8)

Flu Mistakes: 8 Things We Think Prevent the Flu That Don't Really Work

(Continued from page 2)

work or school is a great way to make yourself -- and the people around you -- sicker. You wouldn't want to work in close proximity with someone who has the flu, so don't impose that on your co-workers or classmates.

(Not to mention that you're probably not doing your best work if you're really feeling lousy.)

So when are you allowed back? "If it sounds like they have influenza, people should stay at home until they're no longer having fevers for at least 24 hours," says Tosh.

6. Relying on Vitamin C



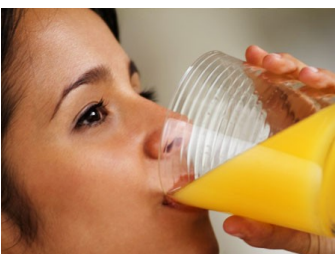
While there's been little research proving that the famed cold-buster can actually prevent you from getting sick, the idea that vitamin C will keep you healthy still lingers.

A 2007 review found that the average person isn't benefitted all that much by a daily vitamin C supplement (although it did protect those under extreme physical stress, like marathon runners).

However, it's still an important nutrient for overall health. Getting your daily dose from a variety of fruits and veggies is still a good idea, even if it won't necessarily keep the sniffles away.

If you're still not convinced to give up your C supplement, at the very least, taking it shouldn't hurt you. "It's certainly okay if you want to take some vitamins," says Tosh, "but it should not be done instead of taking extra fluids and rest."

7. Guzzling Orange Juice



You're probably reaching for that OJ for its famed vitamin C, which, you now know, may not be the solution you're hoping for. And while you *do* want to increase fluid intake to both ward off and recover faster from the flu, juice comes with a lot of empty calories. In fact, too much extra sugar can actually inhibit the immune system, WebMD reported.

8. Panicking

Headlines like "Worst Flu Outbreak In A Decade" instill real fear



in us. But most otherwise-healthy people will recover just fine from the flu with plenty of rest, fluids and good nutrition, says Tosh. Panic and anxiety won't do anything to keep you healthy; getting vaccinated, drinking extra fluids and listening to your body will. "Rather than panicking, people should focus on what they can do," he says.

[Article Written by Sarah Klein, Associate Editor, Healthy Living for The Huffington Post at www.huffingtonpost.com]

Top Power Foods for You



If you're wondering why you're tired after a full night's sleep, or jittery even without a venti latte, the answer might be on your plate.

"Marginal nutritional deficiencies may make you feel 'under the weather,'" says Elizabeth Somer, R.D., author of "Eat Your Way to Happiness." And eating too much of the wrong things can have the same effect, she says.

So if you haven't been functioning at 100%, try these foods to give your well-being a big boost.

Boost Energy

Feel like every day is a slog? You may not be getting enough iron. Add in the fact that you lose the mineral when you menstruate, and you may feel groggy and fuzzy-headed even if you don't have a full-blown deficiency.

The remedy: Eat more red meats, fish, and poultry -- the best animal-based sources of iron. (Liver contains one of the highest amounts, too, but steer clear if you're pregnant, since its high vitamin A content may be dangerous to a developing baby.)

Don't eat meat? Go for soybeans, lentils, spinach, and fortified cereals. Iron isn't as easily absorbed by your body in those forms, but adding vitamin C will help, so enjoy a glass of OJ with those cornflakes.

If you tend to have heavy periods, you're probably losing more iron than the average woman, so be extra sure you're eating plenty of iron-rich foods, adds Carol Haggans, R.D., scientific and health communications consultant with the National Institutes of Health (NIH).

Feel Calm

You know that caffeine can put you on edge. But here's another source of jitters: too many refined carbs -- foods high in white flour (cookies, sugary cereals, white bread, etc.) and stripped of nutrients and fiber that normally keep your blood sugar stable.

"A big dose of refined carbs causes your blood sugar level to soar and an excessive amount of insulin to be secreted by the pancreas," says Alyse Levine, R.D., nutrition advisor for Livestrong.com.

You may be antsy as a result: think toe-tapping and/or an inability to focus. Then, the extra insulin will make your blood sugar plummet, Levine explains, leaving you feeling sluggish.

To help prevent those drastic spikes and drops in blood sugar, Levine says, your meals and snacks should be based around lean protein, healthy fats, and unrefined carbohydrates. That means loading up on brown rice, whole-grain bread and pasta, whole oats, and, of course, fruits, veggies, and legumes.

Get Sharp

So you misplaced your car keys. Again. A lack of omega-3 fatty acids and vitamin B12 -- both brain-boosting nutrients -- could be to blame.

"Omega-3s are loaded with DHA, a type of fatty acid that helps promote well-functioning synapses," says Joseph Quinn, M.D., associate professor of neurology at Oregon Health and Science University in Portland. Translation: It keeps neurons in your brain firing more effectively.

(Continued on page 8)

Online Health and Fitness Resources

TRACEN PETALUMA RESOURCES (INTRANET ONLY):

Health and Fitness Program

http://cgweb.tcpet.uscg.mil/Command/directives/docs/6100_2A.pdf

Weight Program Administration for Military Personnel

http://cgweb.tcpet.uscg.mil/Command/directives/docs/1020_8g.pdf

COAST GUARD RESOURCES:

Coast Guard Office of Worklife (CG-111)

<http://www.uscg.mil/hq/cg1/cg111/default.asp>

Coast Guard Health Promotion Manual

http://www.uscg.mil/directives/cim/6000-6999/CIM_6200_1A.pdf

Coast Guard Weight and Body Fat Standards Program Manual

http://www.uscg.mil/directives/cim/1000-1999/CIM_1020_8H.pdf

Weight Management Self-Help Guide

http://www.uscg.mil/hq/cg1/cg111/docs/pdf/CP_6200_3A.pdf

CG SUPRT Program

<https://www.achievementsolutions.net/achievementsolutions/en/cgsuprt/Home.do>

Coast Guard Running Club

<http://runuscg.org/>

OTHER MILITARY RESOURCES:

Military Tobacco Cessation Program

<http://www.ucanquit2.org/>

Military.com Fitness Center

<http://www.military.com/military-fitness/>

Military Fitness Daily PT Blog

<http://military-fitness.military.com/>

Navy Fitness, Sports and Deployed Forces Support

<http://www.navyfitness.org/>

OTHER GOVERNMENT AGENCY RESOURCES:

Center for Disease Control and Prevention: Healthy Living

<http://cdc.gov/healthyLiving/>

HealthierFeds

<http://www.healthierfeds.opm.gov/>

The President's Challenge

<http://www.presidentschallenge.org/>

U. S. Department of Agriculture's Choose MyPlate

<http://www.choosemyplate.gov>

Human Performance Resource Center

<http://hprc-online.org/>

PRIVATE SECTOR RESOURCES:

Spark People Diet and Nutrition

<http://www.sparkpeople.com>

Combine 360 Challenge

<http://www.combine360.com>

The Cooper Institute and Cancer Prevention and Research Institute of Texas

<http://todayiwill.com/>



USCG Training Center Petaluma
Gymnasium, Bldg. 251
599 Tomales Road
Petaluma, CA 94952-5000
Phone: 707-765-7349
Fax: 707-765-7657

Gym Hours of Operation:

Monday to Thursday 0530-2200
Friday 0530-2100
Saturday, Sunday & Holidays 0800-2000

Aquatic Sports Center Hours of Operation:

LAP SWIM
Monday to Friday 0530-0700
1000-1800

REC SWIM
Wednesday 1300-1545
Friday 1300-1800
Saturday & Sunday 1100-1500

MOMMY/DADDY & ME
Monday 1015-1045

MASTERS SWIM PROGRAM
Monday to Friday 1100-1230

AQUA FIT CLASS
Monday & Wednesday 1115-1215

YOUTH SWIM TEAM
Monday to Thursday 1600-1700

Wellness Program Manager:

LT Douglas W. Apperson
Phone: 707-765-7687
Email: douglas.w.apperson@uscg.mil

Athletic Director:

Robert L. Sturla
Phone: 707-765-7348
Email: robert.l.sturla@uscg.mil

Aquatic Program Director:

Heather Mello-Kamra
Phone: 707-765-7483
Email: heather.m.kamra@uscg.mil

Unit Wellness Coordinator:

ETC Joseph Joel M. Balduenza
Phone: 707-765-7616
Email: joseph.m.balduenza@uscg.mil

Unit Health Promotion Coordinators:

YN1 Kerry McCarty (Watch Coordinator)
ET1 Terrence Joseph (Assistant UWC)
YN1 Ryan Bright
OS1 John Gardner
IT1 Neil Garrand
HS1 Susan Gibson
YN1 Eric Lowe
OS1 Patrick Madayag
FS1 Michael Marshall
FS1 Nicholas Mogan
IT1 Rick Paaue
OS1 Sean Pierce
ET1 Jason Rodriguez
ET1 Logan Rosenlund
SK1 Carenda Snyder
HS1 Daniel Taylor
SK2 Amber Adams
SK2 Thomas Holguin
OS2 Claude Nadal
ET2 Kerson Perez
ET2 Daniel Ramirez
ET2 Ronald Torres
IT3 Jessica Jordan
SK3 Austin Lindley-Shappett
YN3 Breanna Moore

The Coolest Health and Fitness Gadgets at CES 2013

(Continued from page 6)

wesphere.com) is great for recording action sports footage. It captures 360-degree video and stills with three fish-eye lenses whose images get stitched together to create a seamless all-around shot. Check out the videos on wesphere.com to see how it works.

O_SYNC SCREENEYE X VISOR



The heads-up display on the O_Sync Screeneye X Fitness Tracking Visor (\$180, osync.com) puts your training data right in your field of vision as you run. The cap records your heart

rate, distance, lap times, and speed (replaces a sports watch). Pro: the battery lasts up to a week. Con: You'll still need to wear a separate heart rate strap around your chest.

SI14 WEARIT OPEN SPORT WATCH



The Si14 WearIt Open Sport Watch (\$300, si14.com) is an Android-based smartwatch that's great for fitness and wellness monitoring. The device features a 240 x 240 pixel, 1.55" color screen, GPS, an accelerometer, a compass, and a pedometer.

BKOOL STATIONARY BIKE TRAINER



The BKOOL Stationary Bike Stand Home Trainer

bkool.com) transmits heart rate, power, speed, cadence, and calories burned to your computer (soon you'll be able to sync it with iOS and Android devices, too). The general idea: Use an app to record your cycling workout data outside, then repeat that same workout indoors.

[Article Written by Stewart Wolpin for Men's Fitness at www.mensfitness.com]

Top Power Foods for You

(Continued from page 7)

A lack of B12, meanwhile, has been linked with confusion, numbness, and fatigue. Up to 15% of Americans could be low on B12, according to the NIH, in part because some people may have trouble absorbing the nutrient. Get your brain back on track by chowing down on fatty, omega-3-rich fish like mackerel, trout, herring, tuna, and salmon.

To get more B12, try fortified breakfast cereal (many have 100% of the recommended daily value), liver, cooked clams, yogurt, cheese, whole eggs, and ham, as well as fish like salmon and trout.

If you're upping your intake of these foods and still feel disoriented, ask your doctor if you should consider having your B12 level tested, Haggans says.

Beat Bloat

Yes, veggies and legumes are great for you. But certain ones -- like beans, broccoli, cabbage, and cauliflower -- can produce lots of gas, leaving you with major bloat. (The

jury's still out as to why, but their complex sugars may be difficult to digest.)

Carbonated drinks can also increase bloat, both because they're bubbly and because their artificial sweeteners can be hard for your body to break down. If your belly's feeling swollen, try halving the amount of bloat-boosting veggies you normally eat for a week to see if that helps.

Don't cut them out completely, though, because they provide crucial nutrients, says Roshini Rajapaksa, M.D., Health magazine's medical editor and a gastroenterologist and internist at the New York University Langone Medical Center/Tisch Hospital.

Ditch soda and seltzer, but keep drinking flat water, which helps relieve constipation -- another cause of the big B. Taking probiotic supplements may help, too; talk to your doctor about which one might be right for you.

Curb Cramps

It's normal to feel a little achy after

a tough workout, but cramps could mean you're low on electrolytes like potassium or magnesium, Haggans says.

Potassium, for example, works with sodium to keep muscle contractions in check, so if you sweat it out, you may also have to deal with some pain in your calves or feet.

Your food Rx: While bananas are the most famous source of potassium, you actually get twice as much of the mineral from a medium-size baked potato. Prunes and orange juice have lots of it, too.

As for magnesium, go for almonds and most other nuts, greens like spinach, and bran flakes and other unrefined grains. Consuming calcium also helps; get it from low-fat milk, tofu, and dark, leafy greens like collards. Dehydration can cause cramps, too, so don't forget to keep chugging H₂O.

[Article Written by Leslie Barrie for Health.com at www.health.com]